

Navy Increases Alcohol Education, Awareness Efforts

By U.S. Fleet Forces Command Public Affairs
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NORFOLK, Va. (NNS) -- The Navy announced plans Jan. 23 to promote safety and provide education and awareness on the dangers of irresponsible alcohol use and the negative impact it has on mission accomplishment, by introducing the use of alcohol detection devices (ADD) across the fleet.

As part of the Secretary of the Navy's (SECNAV) 21st Century Sailor and Marine initiative, SECNAV approved the use of ADDs as another tool available for commanders to deter irresponsible use of alcohol and assist in identifying service members who may require support and assistance with alcohol use decisions.

U.S. Fleet Forces conducted a "pilot test" on ADDs with 13 sea and shore commands during the 100 days of summer from May 24 through Sept. 30, 2012. The data collected fleet-wide was used to develop the processes and policy for how best to implement a program Navy-wide.

The office of the Chief of Naval Operations approved OPNAV Instruction 5350.8 Jan. 22, which established policies and procedures for the use of the hand-held devices Navy-wide.

"Fleet feedback was instrumental in the development of this policy," said Adm. Bill Gortney, commander of U.S. Fleet Forces. "The test verified that the majority of our service members, who choose to drink alcohol, do so responsibly. It also verified that our commanding officers need a flexible program that serves to increase the Navy's awareness about the impacts of alcohol."

Gortney and Adm. Cecil Haney, commander of U.S. Pacific Fleet, in a joint-message to commanders said the new program will complement current command efforts to educate service members on the responsible use of alcohol.

The program also promotes standards of safety, education and training, and awareness.

According to the instruction, the objective of ADD is to promote safety and education on the effects of alcohol use decisions, and enhances leadership awareness and understanding of their unit's alcohol use culture.

"Deterring irresponsible use of alcohol is essential to the readiness of our fleet and ensuring the health and safety of our service members and units," said Gortney. "Fleet Forces, in partnership with Pacific Fleet, will remain engaged in providing service members the tools and resources to make these responsible choices. The ADD is one of many tools commanders have to educate service members."

Focused on those in a duty status and during normal working hours, the device is not intended to test those in an authorized leave or liberty status. Commanding officers may also use ADD results as a basis to further evaluate a service member's fitness for duty through use of a Competence for Duty examination.

The instruction applies to all active duty, reserve and personnel from other services assigned to Navy units in any capacity.

Alcohol detection devices will begin arriving to commands in February.

A copy of OPNAVINST 5350.8 is available at www.NADAP.navy.mil.



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Sober Facts on Breath Tests:

Here's What You Must Know to Blow Clean under New Alcohol Policy

NAVY TIMES 04 FEB 13

By Mark D. Faram

When the Sailors of Assault Craft Unit 4 in Little Creek, Va., discovered they would be subject to Breathalyzer tests last summer, they bristled at the thought. The Navy was again invading their lives.

Their unit had just been picked as one of 13 commands that would breath test Sailors arriving on duty through use of what the Navy calls "alcohol detection devices" or A-D-Ds.

"There was a lot of initial resistance to this policy at the deckplate level, but through the conduct of the pilot program, that perception was overcome," said Capt. Michael Ott, the unit's commanding officer, in an interview with reporters.

"It is now simply a tool to them, a tool that we [as leadership] can use to help shape behavior — shape acceptable behavior — with regards to alcohol consumption. I don't want to say that the Sailors welcome it now, but it has become a tool that the Sailors now respect and are ready for." The rollout of the Breathalyzer policy begins Feb. 4 and the handheld devices should be Navy wide by May 24.

Ott spoke to the media through a telephone conference sponsored by Fleet Forces Command on Jan. 23, a day after the rollout was announced to commanders, commanding officers, officers in charge and command master chiefs through fleet commanders Adm. Bill Gortney and Adm. Cecil Haney.

"We must educate service members on the responsible use of alcohol and deter alcohol abuse in the fleet, in home port and on deployment," Gortney and Haney wrote in their message.

Here are 12 things you need to know about the new program:

1. Why is the Navy doing this?

The stated purpose is to curb irresponsible drinking in the fleet, something that's seemingly been a problem since there's been a U.S. Navy. Alcohol abuse is a major factor to "motor vehicle and safety mishaps, sexual assaults, self harm and poor fitness," wrote chief of naval personnel Vice Adm. Scott Van Buskirk in a fleetwide message.

Simply put, leaders believe that Sailors knowing they'll possibly be tested when they report to work could make them think twice about drinking excessively or too close to reporting to duty. But the testing is just part of their overall efforts to educate Sailors about the dangers of alcohol use.

2. Who does this affect?

All active duty and drilling reserves — both officer and enlisted — who are assigned to a Navy unit and reporting for work are subject to the tests. This not only includes Navy personnel, but any members of other services who are permanently assigned to Navy units or assigned under temporary duty, including attending Navy schools.

3. Who isn't affected?

Sailors on authorized leave or in a liberty status do not fall under the "intent" of his policy, according to a Navy press release.



Those reporting to work, whose liberty is about to expire, do fall under it.

It doesn't apply to Sailors assigned permanently to units of other services. Those Sailors would be subject to that service's policies.

4. Who gets flagged?

The Navy's threshold for a positive blood alcohol test is 0.02 percent. Anything below that is considered a negative test.

Any result 0.02 percent or higher will trigger a Sailor retest in 20 minutes to ensure it wasn't a false positive that could be triggered by use of mouthwash, breath mints, gum or breath sprays.

Once confirmed, a Sailor could be referred to the command's drug and alcohol program's adviser.

Sober Facts on Breath Tests Continued

Sailors above 0.04 are “presumed to be not ready to safely perform duties,” the instruction states. Along with being referred to an adviser, the Sailor will be “retained on board the command in a safe and secure environment until the ADD indicated reading is not detectable.”

5. What’s the device?

The Navy is using two ADDs from New Jersey based company AK Global Tech Corp. Two models will be employed — the “AlcoMate Premium” and the “AlcoMate Alcolyzer.” The Alcolyzer is the latest technology, and the Navy is the first customer to use it, company general manager Charles Lee said.

While the premium model can register blood alcohol level variances of plus or minus 0.01, the Alcolyzer tends to be more “spot on,” Lee said.

Detection devices also tend to skew higher the drunker a test -taker is. But the Alcolyzer will “hold its precision.” Lee said it’s too early to say exactly how many of each model the Navy is receiving.

6. What’s the rollout plan?

Delivery of the devices is underway and should be complete by April 26. Officials have outlined five phases of implementation, Exact dates, officials say, are subject to device availability, but will happen in the following order:

- Submarine Forces, Atlantic and Pacific and Navy Expeditionary Combat Command.
- Naval Air Forces, both Atlantic and Pacific.
- Surface Forces, Atlantic and Pacific, and Cyber Forces.

- Special Warfare, Bureau of Medicine and subordinate medical units, staff commands and all shore units.

- Any remaining units, to be fully implemented by May 24.

7. Is there CO discretion?

Yes. Officials say commanders must have a testing program and there are ground rules for everyone to follow. But they allow commanders to have some leeway.

Tests must be random, because the intent is to catch those engaged in questionable behavior. No individual can be given a “spot” test by himself, unless he is late for work.

Some examples given in the instruction — which officials say isn’t all inclusive:

- Commanders could sweep an entire unit.
- Or, do random sampling of Sailors during the workday just as the service does for drug detection under the urinalysis program.
- Or, limit a sweep to entire “subunits,” which could mean detachments, divisions or departments and even duty sections or personnel assigned to special unit evolutions such as weapons handling. This applies to active duty units and also reserve drill periods.

8. Is it really non-punitive?

Yes and no. The rules specifically state that a positive breath test alone can’t be used as evidence for any disciplinary proceedings or any adverse administrative action, such as an administrative discharge. By comparison, processing for discharge is mandatory for positive drug tests.

Commands do have the power to refer flagged Sailors for counseling and education programs.

But they are forbidden from documenting it anywhere in a Sailor’s record — that includes enlisted evaluations and officer fitness reports as well as administrative remarks, formally known as a “page two entries” and now entered on a NAVPERS 1070/613 in the electronic service jacket.

Ott referred to Sailors avoiding prosecution under the policy as a “free pass.” Still, he pointed out that the instruction doesn’t prevent commanders from investigating Sailors they believe are intoxicated while on duty.

With a positive breath test of 0.04 or higher, COs have “probable cause” to order a competence for duty examination, which can lead to punitive action if the CO deems necessary.

In that case, the result of the breath test is considered along with “other evidence of intoxication, including but not limited to, bloodshot eyes, slurred speech, muscular movement, general appearance or behavior.”

9. What if you refuse to blow?

That would be very ill advised, the Navy says.

The service considers a breath test an inspection approved or directed by a commanding officer and thus a lawful order.

Refusing to take a test, the instruction says, is considered direct disobedience of that order and would subject the Sailor to disciplinary or administrative action under existing rules.

Sober Facts on Breath Tests Continued

10. What do Sailors in Marine units face?

The 7,895 Navy officers and enlistees assigned to Marine Corps units will still get breath tests, under the Marine Corps' policy announced Dec. 12 in MARADMIN 709/12. A blood alcohol level of only 0.01 — eight times less than the legal driving limit in most states — will trigger a positive test. Sailors and Marines who test positive under the Marine Corps could be referred for further testing or alcohol abuse counseling. In severe cases, they also could face discipline from their commanders, although that's not the stated purpose of the program adviser.

11. What are the levels of impairment?

The Navy has outlined some of the ways your body will react in the various stages of drunkenness. See Operating Guide.

12. How much is too much?

Sailors who think they can sleep off a few drinks and be below the limit before their shift may not have the math on their side, according to statistics released in the Navy's ADD operating guide.

While the figures are approximate and can vary with an individual's tolerance, there is a basic blood alcohol level that Sailors can expect to blow if they imbibe a given number of drinks, based on their gender and weight (see chart at right). One drink raises the level anywhere from 0.02 to 0.04 depending on those variables, according to the ADD guide.

The levels drop about 0.01 for every 40 minutes of drinking; if a 240-pound man spread out two beers over two hours, the alcohol would be nearly out of his system by the time he finished.

They also drop anywhere from 0.01 to 0.025 per hour of not drinking, again depending on variables such as gender, weight and individual metabolism.

Example 1: A 180-pound man has eight drinks over a four hour period, ending at midnight. That gives him a 0.11 blood alcohol level at the end of the night (0.17 minus 0.06 for the time spent drinking). If he reports for duty at 6 a.m., his level could be anywhere from 0.05 to zero — a risky range.

Example 2: A 140-pound woman has four drinks over the same period, ending the night with a 0.05 level (0.13 minus 0.06 for time spent drinking). If she reports for duty at 6 a.m., the alcohol should be out of her system entirely. Again, individual tolerances may vary.

ADD RESOURCES

- [ADD Webpage](#)
- ADD Help Desk E-Mail: mill_add@navy.mil
- [Non-evidentiary Alcohol Detection Device \(ADD\) Operating Guide](#)
- [OPNAV INSTRUCTION 5350.8:Use of Hand-Held Alcohol Detection Devices](#)
- [NAVADMIN 012/13](#)
- [Standard Operating Procedure \(SOP\) for Use of Non-Evidentiary Alcohol Detection Device \(ADD\)](#)
- [ADD Phased Distribution Plan](#)

**NOTE: ADDs and supplies have been ordered for your command and will ship based on this schedule
YOU DO NOT HAVE TO ORDER.**

ADD Webinar Schedule

Date	*Audience
2/21/2013 (1700 CST) 2/22/2013 (1300 CST)	AIRLANT AIRPAC
3/21/2013 (1700 CST) 3/22/2013 (1300 CST)	SURFLANT SURFPAC CYBER Forces
4/15/2013 (1700 CST) 4/16/2013 (1300 CST)	SPECWAR BUMED CNIC / Shore Commands

*** ALL COMMANDS WELCOME TO JOIN**

Visit here to join webinar:

<https://connect.dco.dod.mil/nadapwebinar/>

5 Must *KNOWs* for Synthetic Testing

1. Updated Synthetic Drug Testing Operating Guide is a must read! It is available at www.nadap.navy.mil.
2. Utilize the correct mailing address for shipping samples for testing. The new mailing address is:

**Armed Forces Medical Examiner System (AFMES)
Special Forensic Toxicology Drug Testing Laboratory
115 Purple Heart Drive
Dover Air Force Base, DE 19902**

3. Investigative cases submitted to AFMES Forensic Toxicology Laboratory (not NADAP testing) must have an investigative case number and comply with requirements found at:

<http://www.afmes.mil/assets/docs/toxguidelines.pdf>.

These samples do NOT require markings on the outer packaging.

4. Request Bath Salts testing of any sample by including a signed letter with the DD 2624.
5. Samples will be rejected by the lab if you do NOT document and package your samples in accordance with the operating guide, to include premise codes and missing authorization number provided by OPNAV.



Direct any questions regarding the Navy's Synthetic Drug Testing Program to MILL_SDTESTREQ@NAVY.MIL or contact us at (901) 874-4232 (DSN 882).

Prohibition on the Use of Marijuana

On February 4, the Office of the Assistant Secretary of Defense released the following memorandum regarding the Prohibition on the Use of Marijuana by Military Service Members and Department of Defense Civilian Employees.

“This memorandum reaffirms the Federal prohibitions on the use of marijuana by military personnel at all locations in accordance with Article 5, Uniform Code of Justice (UCMJ). The provisions of the UCMJ apply regardless of State, District or Territorial Legislation permitting the use of marijuana, to include medical use.

Military personnel are subject to persecution and administrative action for marijuana use, possession or distribution under Article 112a of the Uniform Code of Military Justice (UCMJ). Federal Law supersedes the legislative initiatives of the State, District or Territories of the United States. Legislative initiatives of States, Districts, or Territories are not binding on the military in the administration of military justice under Chapter 47 of title 10, United States Code.

DoD Civilian Federal employees are subject to restrictions governing drug use contained in DoD Instruction 1010.09 and applicable Department of Health and Human Services, Substance Abuse and Mental Health Services Administration Guidelines.

For additional information, please contact CAPT Kevin Klette at kevin.klette@osd.mil “.

Pensacola Train-the-Trainer (TTT) Event

The first of three DEFY TTT Events was held conducted on January 29 and 30, 2013 at Naval Air Station Pensacola. Thirty-five individuals from DEFY Programs across the region received training on the DEFY program, roll out of a new youth curriculum and local staff training curriculum. The two-day TTT also included training and information on the state of the DEFY program, staff roles and responsibilities, fitness, nutrition, and child abuse prevention and reporting within the DEFY program. TTT events provide training to key local program staff to enable them to better train local volunteers and to operate an effective local DEFY program.

Regional TTT events are planned for San Diego (February 20 and 21) and Norfolk (March 19 and 20). DEFY personnel from programs west of the Mississippi and the Pacific are scheduled to attend the San Diego TTT; programs from the rest of the continental U.S. and Europe are scheduled to attend the Norfolk TTT. Local DEFY programs within commuting distance to the TTT locations are authorized to send up to eight individuals to attend the TTT. For information on registration or the TTT event itself, call (901) 874-3300 or email Mr. Dave Vanneste (david.vanneste@navy.mil).



New Youth Curriculum

The new youth curriculum is a product of a year's work with a contractor, who revised, updated, and added new material to make the curriculum current and relevant. Changes included a more familiar facilitator guide format; contractor-produced videos; Powerpoint slides to enhance lesson delivery; and new topics to cover youth and finances, living a drug-free life, and a resistance skills refresher. The additions will add to the life skills already included in the curriculum, which include study skills, relationship skills, conflict resolution skills, team building, and goal setting.

Videos produced by the contractor are shorter and are incorporated into the lessons to facilitate better discussion among the participants and will eliminate the need to purchase commercial videos.

New Local Staff Training Curriculum

The DEFY Program Office staff developed a new local staff training curriculum designed to standardize the training of local DEFY volunteers. This new curriculum provides 12 topics vital to the effectiveness of volunteers and is intended to be delivered over three days (24 total hours).

Topics include communication, discipline, child abuse prevent and reporting, and mentoring. Local Program Coordinators now have an off-the-shelf product to use in local staff training, which will ease the administrative burden of implementing local programs. Standardized volunteer training is a best practice for evidence-based prevention programs.



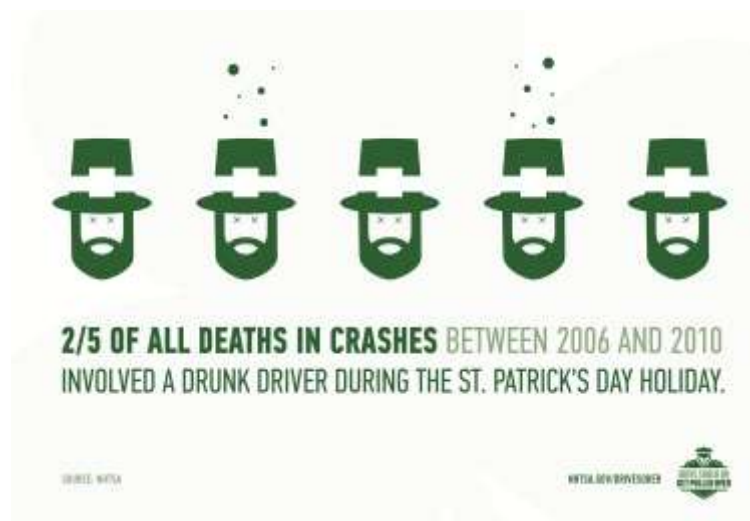
Don't Rely on Luck this St. Patrick's Day

For many Americans, St. Patrick's Day (celebrated this year from 6 p.m., March 16, to 5:59 a.m., March 18) has become a popular opportunity to celebrate with friends and family. Unfortunately, due to drunk drivers, the festivities have also become very dangerous.

Statistics from the National Highway Traffic Safety Administration show that over 700 people were killed nationwide in crashes involving drunk drivers during the St. Patrick's Day holiday during the period from 2006 to 2010. There were 129 lives lost in 2010 alone. These tragic statistics demand a sober solution. Whether you are meeting a few friends at the local pub after work or attending a party, if you plan on drinking alcohol, don't drive.

Following these easy steps, drivers will be reminded to enjoy a safe and festive holiday without jeopardizing their lives and the lives of others who may be on the road.

- Coordinate with local bars to display "Domino Strategy" posters on the back of stall doors.
- Coordinate with alcohol retailers (liquor stores, convenience stores) to display "Domino Strategy" posters on windows, cooler doors, etc.
- Work with local law enforcement and emergency medical staff to stage a mock car crash, draft signs displaying St. Patrick's Day fatality numbers. Invite media and local schools to attend.
- If your community has a St. Patrick's Day parade, enter a themed float emblazoned with a "Domino Strategy" banner.
- Partner with local organizations to distribute *That Guy* coasters, playing cards, T-shirts, etc. at bars/St. Patrick's Day parades. *That Guy* items can be ordered at <http://resources.thatguy.com>
- Work with CSADD Chapter and recruit volunteers to dress as leprechauns and distribute "That Guy" limerick flyers at bars/parades.
- Promote your Command Safe Ride Home program.



Operation Supplement Safety (OPSS)

Dietary supplement use is prevalent in the military and consumption occurs for a variety of reasons: to improve performance, to lose weight, to gain muscle mass and/or to improve health.

Unfortunately, use of some supplements has resulted in adverse events which compromised performance and health rather than improve it. As a result of adverse events across DOD, the assistant Secretary Of Defense For Health Affairs, ASD(HA), directed a dietary supplement educational campaign to address these issues, resulting in Operation Supplement Safety (OPSS).

OPSS is a joint initiative between the Human Performance Research Center and the DOD to educate service members, retirees, families, leaders, healthcare providers, and DOD civilians about dietary supplements and how to choose them wisely.

OPSS aims to affect behavioral change of dietary supplement use through an educational campaign. This knowledge will help Sailors decide whether to take supplements and if they decide to do so, which ones represent the wisest and safest choices. The overarching goal of the campaign is to provide tools which assist marines to be smart supplement users.

Visit the OPSS website at <http://hprc-online.org/dietary-supplements/OPSS>

Help promote the OPSS dietary supplements education for the military campaign with print materials such as posters, brochures, table tents and giveaways for use at your installation and in your publications.

Get your materials here: <http://hprc-online.org/dietary-supplements/opss/operation-supplement-safety-OPSS/opss-campaign-press-kit>



2012 - 2013 STATISTICS

ARIs & DUIs

FEB	322	99
MAR	373	123
APR	402	107
MAY	345	87
JUN	336	76
JUL	323	76
AUG	284	87
SEP	295	110
OCT	345	83
NOV	218	66
DEC	200	68
JAN	69	25

MEM POS & TOTAL TESTED

FEB	88	97,630
MAR	118	100,629
APR	115	98,095
MAY	126	95,822
JUN	120	93,820
JUL	126	96,309
AUG	115	91,855
SEP	164	103,396
OCT	170	97,513
NOV	173	92,621
DEC	242	81,949